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Thesis Title: Nomads Experience and Overall Well-Being: The Role of Co-living Spaces

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Abstract

The number of Digital Nomads has steeply increased over the last years due to the exposure of social media and increasing number of co-working and co-living spaces becomes available in the market. Despite its popularity, in research there are a lot of questions still unanswered. Recent studies have identified Digital Nomads' motivations and lifestyles, however, less is known about the downside of being a Digital Nomad. For example, the role of loneliness and various challenges (i.e. adjusting to a new environment, keeping in touch with friends and family back home). This study is in particular interested in how Digital Nomads' living circumstances, specifically, co-living spaces, influences their experience as a Digital Nomads and subsequently their well-being. Through a grounded theory approach, 12 interviews with Digital Nomads who have lived in a co-living space have been conducted. In doing so, the paper will provide more insights into which elements of co-living affect Digital Nomads' experience and consequently impact their overall well-being. Practitioners' recommendation will be given on how to improve co-living spaces to enhance Digital Nomads' well-being.

Keywords: co-living spaces, digital nomads, grounded theory, well-being, experiences